

## Removing Gloves to Prevent Germs on Your Hands



The CDC recommends wearing gloves when caring for someone sick, touching bodily fluids, and handling dirty items or laundry. The best protections against COVID-19 infection are frequent handwashing, not touching your face and keeping 6 ft of distance from others.



### Step 1

Grasp the outside of one glove at the wrist. Do not touch your bare skin



### Step 2

Peel the glove away from your body, pulling it inside out



### Step 3

Hold the glove you just removed in your other hand that still has a glove on



### Step 4

Peel off the second glove by putting your fingers inside the glove at the top of your wrist



### Step 5

Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second



### Step 6

Dispose of the gloves safely. Do not reuse the gloves. Immediately wash your hands after removing gloves